



## Lehi Legacy Center Wrestling Program 2011

Welcome to the wrestling program here at the Lehi Legacy Center. We are very excited for the upcoming season and hope you and your child have a wonderful experience. Our goal is to build wrestling skills and promote self-esteem through recreation. We welcome your comments and suggestions to improve our program in the future.

### Singlets

The wrestling singlet you will be using is a RENTAL. It will need to be turned in at the end of season party on December 5th. Please have your child's singlet cleaned and washed when it is turned in. Our singlets cost us \$39.95 a piece and we will send a bill to those who have not turned them in at the end of the season.

#### **Singlet Sizes:**

4XS	40-55lbs.
3XS	55-75lbs.
2XS	75-95lbs.
XS	95-115lbs.
S	115-135lbs.
M	135-160lbs.
L	160-190lbs.

### Practices

Practices will be held on Mondays and Wednesdays. See schedule on back. **Parents with children in Kindergarten-2<sup>nd</sup> grade will need to stay in the gym with their children during all practices.** Children without wrestling shoes **MUST** wear socks in order to participate. We need parents to help roll the mats out before the 5:30 practice begins. If you are able to help at 5:15 please let Matt, Brittany or Shawn know so we can make up a schedule. At the end of the 6:30 practices the mats need to be rolled up and put into the overhead slings. **Parents, PLEASE help put the mats into the slings. No** children will be allowed in the gym when the mats are being raised or lowered due to safety issues. We will have one head coach leading the practices and we ask that parents help assist if they are able to.

### Tournaments

The Lehi Legacy Center will have two inter-squad tournaments for our wrestlers throughout the season. The emphasis will be on improvement, not winning. Coaches will pre-determine the match-ups. The first tournament is on November 9<sup>th</sup> and each participant will receive a t-shirt. The second tournament is on November 28<sup>th</sup> and each participant will receive a participant medal.

There will be additional tournaments that our wrestlers may participate in through other locations. They require a small fee to participate in and **are separate from what we offer**. Visit [www.utahwrestling.org](http://www.utahwrestling.org) for more information or to register. Below is a list of the tournaments:

- November 5<sup>th</sup> - Pleasant Grove High School
- November 12<sup>th</sup> - Wasatch High School
- November 19<sup>th</sup> - Caleb Williams Memorial @ Maple Mountain High School (Registration is Open!!)
- December 3<sup>rd</sup> - Payson High School
- December 17<sup>th</sup> - Westlake High School

**\*\* Picture Day November 14th \*\***

**You will receive a picture schedule along with this information sheet.**